

COBURG 24 HOUR CARNIVAL, HAROLD STEVENS ATHLETICS TRACK, COBURG, 21-22 APRIL 2018

A total of 56 athletes (34 runners and 22 walkers) toed the line for the midday start on Saturday 21st April 2018 in the 35th annual staging of this iconic Victorian ultra event. The forecast promised good weather and it proved correct. The first few hours were still, warm and sunny, until late afternoon cloud cooled competitors. A cold and misty night was followed by another sunny day, but again not too hot.

Full results, along with lapsplits for all competitors, are available from http://www.trailsplus.com.au/results-page/c24hr2018/#0_E5A6C9.

The 24H Run saw clear wins to **Nikki Wynd** (201.290km) and **Daragh O'Loughlin** (217.260km). In the women's race, little separated the three runners for the first 6 hours, but from then on, Nikki gradually drew clear, never to be challenged.

In the men's race, Philip Balnave led for the first 8 hours, with Stuart Hughes in pursuit. As the night set in, Philip slowed, to be overtaken first by Donald Bailey and then by Daragh O'Loughlin. Daragh took the lead just before the 12 hour mark, which he passed with 116.8km. From then on, he increased his lead hour by hour, running to a comfortable win. Kay Bretz ran a strong second half to take silver with an inaugural 24H distance of 212.660km. Third placed Donald Bailey also excelled, bettering the 200km barrier with an inaugural distance of 205.636km. Shaun Moore, in fourth place, confirmed his C2K qualifier with a PB 183.249km. The next two places were filled by runners contesting their first 24 Hour Track races, with Stuart Hughes 182.372km and Joel Claxton (our equal youngest runner at 23 years of age) 181.229km.



Daragh O'Loughlin, Kay Bretz, Nikki Wynd and Cheryl Symons

24 Hour Run Women

| | | | |
|----|------------------|-----|------------|
| 1. | Nikki Wynd | VIC | 201.290 km |
| 2. | Cheryl Symons | VIC | 190.580 km |
| 3. | Annabel Hepworth | NSW | 114.457 km |

24 Hour Run Men

| | | | |
|----|-------------------|-----|------------|
| 1. | Daragh O'Loughlin | VIC | 217.260 km |
| 2. | Kay Bretz | NSW | 212.660 km |
| 3. | Donald Bailey | VIC | 205.636 km |
| 4. | Shaun Moore | VIC | 183.249 km |
| 5. | Stuart Hughes | VIC | 182.372 km |
| 6. | Joel Claxton | VIC | 181.229 km |
| 7. | Thomas Billett | VIC | 164.717 km |
| 8. | Oliver Mestdagh | VIC | 163.032 km |

| | | | |
|-----|----------------|-----|------------|
| 9. | Pete Clarke | VIC | 162.054 km |
| 10. | Philip Balnave | NSW | 150.206 km |
| 11. | Peter Munns | VIC | 144.650 km |
| 12. | Stephen Lewis | QLD | 140.000 km |
| 13. | Hugh Hunter | VIC | 135.682 km |
| 14. | Phil Stokes | VIC | 107.600 km |
| 15. | Dean Metcalf | TAS | 100.400 km |
| 16. | Tony Wilms | VIC | 100.000 km |
| 17. | Keith Sullivan | QLD | 61.600 km |

The walk divisions had an international flavour with entrants from Belgium, Netherlands, the Isle of Man and USA joining their Australian counterparts. The women's 24 Hour race saw an easy win to Dutch walker Gertrude Achterberg. She had passed the half way mark with 85.146km and looked set for a big total. Alas, she slowed in the second half, finishing with 138.040km. Dawn Parris walked strongly as always to take second with 131.745 km. Lorraine Billett impressed with her third place distance of 101.378km, setting four new W70 Australian walking records along the way.

In the men's 24 hour walk, Justin Scholz and Colin Heywood headed out fast, with Chris Burn in close pursuit. Justin's pace was too demanding for the others and they gradually gave ground in their chase. He passed the half way mark with an impressive 97.7km, nearly 5km clear of Colin and a further 1km clear of Jantinus Mients and Chris. The race complexion changed when Justin retired just after the 14 hour mark. By then, Colin, Jantinus, Chris and Adrie Ross had come together and were within 2 laps of each other. They stayed within touch of each other until the final hours, when Chris eventually pulled clear, reaching the 100 Mile mark with 22:08:09 and then retiring, with his goal achieved. Jantinus was next to reach the 100 mile mark, with 22:25:34, then he too retired. The same was the case for Adrie Ross with 22:33:31 followed by race retirement. Colin was next to reach the 100 mile mark with 22:46:53 but he then surprised by doing one further lap before retiring, thus ensuring a win in the 24H race. But it is fair to say that the 24H placings were of minor importance to these walkers, with their new Australian Centurion statuses of greater significance.



Gertrude Achterberg, Dawn Parris and Lorraine Billett



Chris Burn, Jantinus Meints, Adrie Ross and Colin Heywood

24 Hour Walk Women

| | | | |
|----|---------------------|-----|------------|
| 1. | Gertrude Achterberg | NED | 138.040 km |
| 2. | Dawn Parris | VIC | 131.745 km |
| 3. | Lorraine Billett | SA | 101.378 km |
| 4. | Iesha Young | VIC | 64.9350 km |

24 Hour Walk Men

| | | | |
|-----|-----------------|-----|------------|
| 1. | Colin Heywood | NT | 161.364 km |
| 2. | Chris Burn | IOM | 160.934 km |
| 3. | Jantinus Meints | NED | 160.934 km |
| 4. | Adrie Ros | NED | 160.934 km |
| 5. | Luc Soetewey | BEL | 155.114 km |
| 6. | David Evans | VIC | 141.911 km |
| 7. | John Timms | VIC | 118.844 km |
| 8. | Justin Scholz | VIC | 111.808 km |
| 9. | John Kilmartin | VIC | 81.916 km |
| 10. | Arie Kandelaars | NED | 77.406 km |
| 11. | David Cogan | VIC | 60.817 km |
| 12. | Peter Gray | VIC | 46.574 km |
| 13. | Ken Carter | VIC | 23.221 km |

The 24 Hour walks also hosted the Racewalking Australia 100km walk championships, with placings as shown below.

RWA 100km Walk Championship Men

| | | | |
|----|-----------------|-----|----------|
| 1. | Justin Scholz | VIC | 12:18:45 |
| 2. | Colin Heywood | NT | 12:53:08 |
| 3. | Jantinus Meints | NED | 13:04:51 |

RWA 100km Walk Championship Women

| | | | |
|----|---------------------|-----|----------|
| 1. | Gertrude Achterberg | NED | 14:20:01 |
| 2. | Dawn Parris | VIC | 18:40:22 |
| 3. | Lorraine Billett | SA | 23:01:14 |

The meet also included 12 Hour and 6 Hour Run and Walk Championships. The 12H races started at midday on Saturday and were held alongside the 24H but with competitors in lane 3 rather than in lane 1. The races saw outstanding

performances from Mal Gamble (a new M50 12H Australian record and PB of 137.763km), Ken Marsh (a PB 115.298km) and Bernadette Benson (a W45 6H Canadian record of 72.329 km).

The 6 Hour races, which started at 6AM on the Sunday morning, also produced their own highlight, with Kevin Muller breaking his own Australian M45 6 Hour Run record with 81.414 km



Ken Marsh, Kevin Muller, Malcolm Gamble and Bernadette Benson

12 Hour Run Men

| | | |
|-------------------|-----|------------|
| 1. Malcolm Gamble | VIC | 137.763 km |
| 2. Ken Marsh | VIC | 115.298 km |
| 3. Sean Wrigley | VIC | 72.572 km |

12 Hour Run Women

| | | |
|----------------------|-----|-----------|
| 1. Bernadette Benson | WA | 83.769 km |
| 2. Lou Augello | VIC | 60.448 km |

12 Hour Walk Men

| | | |
|------------------|-----|-----------|
| 1. Laurie Tinson | VIC | 73.262 km |
| 2. Ian Hoad | VIC | 61.780 km |

6 Hour Run Men

| | | |
|------------------|-----|-----------|
| 1. Kevin Muller | VIC | 81.414 km |
| 2. Andrew Ross | VIC | 69.046 km |
| 3. Colin Tickner | VIC | 58.483 km |

6 Hour Run Women

| | | |
|---------------------|-----|-----------|
| 1. Karen Mickle | VIC | 64.838 km |
| 2. Julie Stokes | VIC | 52.041 km |
| 3. Paula Pettingill | VIC | 50.232 km |
| 4. Bec Christian | VIC | 48.813 km |
| 5. Lindy Yap | VIC | 43.273 km |
| 6. Michelle Mullins | VIC | 34.831 km |

6 Hour Walk Men

| | | |
|-----------------------|-----|-----------|
| 1. Mickey Campaniello | USA | 49.172 km |
| 2. Albin Hess | VIC | 40.801 km |
| 3. Ernie Hartley | VIC | 34.807 km |

The perpetual trophies were awarded as follows

| | |
|----------------------------------|---|
| Victorian 24 Hour Track Champion | Daragh O'Loughlin (VIC) |
| Coburg Endurance Award | Lorraine Billett (SA) |
| Jim Gleeson Trophy | Justin Scholz (VIC) and Gertrude Achterberg (NED) |
| Gordon Smith Trophy | Chris Burn (IOM) |

Four walkers qualified as Australian Centurions by completing 100 Miles (160.934km) within the requisite 24 Hours.

| | | | |
|-----------------|-----|----------|-----|
| Chris Burn | IOM | 22:08:09 | C72 |
| Jantinus Meints | NED | 22:25:34 | C73 |
| Adrie Ros | NED | 22:33:31 | C74 |
| Colin Heywood | AUS | 22:46:53 | C75 |

A number of masters walking records were provisionally set as follows

| | | | |
|-------------------|-------------------|-----------|------------|
| Joel Claxton | M20 100 miles Run | Australia | 20:04:22 |
| | M20 24 Hour Run | Australia | 181.229 km |
| Bernadette Benson | W45 6 Hour Run | Canada | 72.329 km |
| Malcolm Gamble | M50 12 Hour Run | Australia | 137.763 km |
| Kevin Muller | M45 6 Hour Run | Australia | 81.414 km |
| Lorraine Billett | W70 12 Hour Walk | Australia | 65.154 km |
| | W70 50 Miles Walk | Australia | 16:33:21 |
| | W70 100 kmWalk | Australia | 23:01:14 |
| | W70 24 Hour Walk | Australia | 101.378 km |

A final note of thanks to the many people who deserve special mention

- Heather (and family!) and Bertha in the canteen - what a superb job!
- Bernie Goggin who shared the overall event management load with me.
- The Coburg 24H Committee members who were on deck for so much, if not all, of the event.
- The other volunteers, many of them Coburg Harriers members, who helped with event setup or pulldown or who came for periods during the race to help out.
- Philip van Duren for singlet design and delivery and financial sponsorship via his travel company 'The Outdoor Traveller'.
- Michael Gillan for his dedicated work as masseur this year, and for many years past. His closing comments were "see you next year!"
- Robyn and Brett Saxon of TrailsPlus for their event recording. They extended their chip system to cover 6 lanes this year, and it worked seamlessly for our lane 1, 3 and 5 competitors. They also used a new software system that they have recently purchased and it was far superior to the previous one, allowing a much greater variety and timeliness of reports, etc. Anyone who came for a look could not help but be impressed by the enhancements on show this year. To have the results confirmed and printed out a few minutes after the final gun goes is an amazing thing when I think back to our old manual days, with Mark and Brian sweating it out behind the scenes.
- Centurions Michelle Thompson, Terry and Karyn O'Neill and Stu Cooper who looked after our overseas walkers with their own big multi-tent area at the top of the track.
- Billy Pearce who looked after our first aid needs for the first 12 hours.
- Our fantastic long term first aid support Libby Ravalli was unable to come this year, so Bernie organised for the Western Sports Trainers Assn to take responsibility for the second 12 hours of the event. In particular, we were very fortunate to have Sam Fenech on duty for the last 6 hours. Sam is known to many of us for his work with Athletics Victoria and was a wonderful resource to have on deck for the final few hours of the 24H and for the immediate post-event period.

As can be seen, it takes a lot of dedication and enthusiasm to put on an event like this.

Well done everyone and see you all again next year for the 2019 Coburg 24 Hour Carnival.

Tim Erickson
23 April 2018